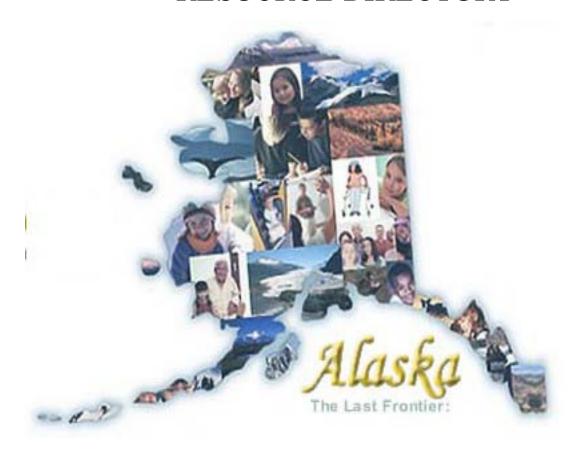
EXCEPTIONAL FAMILY MEMBER PROGRAM

RESOURCE DIRECTORY



ARMY COMMUNITY SERVICE FORT RICHARDSON, ALASKA 384-0225

Tammie L. Adair, EFMP Manager

PREFACE

Knowing there are services available and where to go can save a lot of time for soldiers who have family members with special needs.

These special needs often present problems beyond the immediate resources of the family. Whether the problems are physical, emotional, developmental or intellectual you may be eligible for enrollment in the Exceptional Family Member Program (EFMP).

The information in this book was compiled to assist you in locating services on Fort Richardson and in the Anchorage area. Additional resources may be available on a national level. If you are interested in these resources, please contact ACS for assistance.

Directory listings are restricted to agencies and organizations offering direct or referral services. While it may be assumed that these agencies and organizations are in good standing, inclusion in this directory cannot be considered an endorsement. It is especially important that families enrolled in TRICARE, who are seeking services which require payment, coordinate with their Primary Care Manager at the Elmendorf Hospital before making arrangements.

For assistance or more information, call the EFMP Coordinator at 384-0225.

TABLE OF CONTENTS

What is the Exceptional Family Member Program?	1
Definition of an Exceptional Family Member	3
Enrollment Criteria	3
RESOURCE LISTINGS	
ACCESS ALASKA	
ADULT PUBLIC ASSISTANCE	5
ALASKA EARLY INTERVENTION HEARING RESOURCE	
ALASKA REGIONAL HOSPITAL	5
ALPINE ALTERNATIVES, INC	5
AMERICAN LUNG ASSOCIATION	
ANCHOR RIDES	
ANCHORAGE SCHOOL DISTRICT(ASD)-OFFICE OF SPECIAL EDUCATION	6
ASD SPECIAL EDUCATION PARENT RESOURCE CENTER	
ANCHORAGE SENIOR CENTER	6
APRIA HEALTHCARE	6
ARMY EMERGENCY RELIEF	
BOYS & GIRLS CLUBS OF GREATER ANCHORAGE	7
CATHOLIC SOCIAL SERVICES	7
CENTER FOR THE BLIND, ALASKA	7
CHALLENGE ALASKA	
CHILD & YOUTH SERVICES	7
DAY CARE ASSISTANCE	
DEAF AND HARD OF HEARING CENTER	
DENALI KIDCARE	
DIABETES ASSOCIATION, AMERICA	
DISABILITY LAW CENTER OF ALASKA	
DIVISION OF MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES	
DIVISION OF SENIOR SERVICES	
DIVISION OF VOCATIONAL REHABILITATION	
EASTER SEAL SOCIETY- ALASKA	
FAMILY ADVOCACY	
FOCUS-RESPITE	
HEAD INJURY SUPPORT GROUP, ALASKA	9

TABLE OF CONTENTS (CONTINUED)

HEALTH CARE PROGRAM FOR CHILDREN WITH SPECIAL NEEDS	10
HOPE COMMUNITY RESOURCES	10
KIDS' CORPS HEADSTART	10
LUPUS FOUNDATION OF AMERICA-AK CHAPTER	10
MENTAL HEALTH ASSOCIATION, AK	10
MT. ILIAMNA SPECIAL EDUCATION (ASD)	11
MULTIPLE SCLEROSIS SOCIETY, AK CHAPTER	11
P.A.R.E.N.T.S., INC.	11
PROGRAMS FOR INFANTS & CHILDREN	11
SPECIAL EDUCATION SERVICE AGENCY	11
WOMEN, INFANTS, AND CHILDREN PROGRAM (WIC)	11
LAWS CONCERNING PERSONS WITH DISABILITIES	12

WHAT IS THE EXCEPTIONAL FAMILY MEMBER PROGRAM?

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that is based on public law and DOD mandates. It works with other military and civilian agencies in providing comprehensive and coordinated medical, educational, housing, community support, and personnel services to families with special needs.

Three groups of soldiers with Exceptional Family Members (EFM's) are required to enroll in the program:

- Active Duty Army Personnel
- U.S. Army Reserve (USAR), USAR Active Guard Reserve (AGR), and other USAR soldiers on active duty exceeding 30 days
- Army National Guard AGR personnel serving under the authority of Title 10 of the U.S. Code

A soldier can initiate EFMP enrollment eligibility in several ways. Screening initiation occurs during in, out, and reassignment processing if soldiers indicate that they have or suspect that a family member has a special need. The screening process can also be set in motion by voicing your concerns during routine medical care appointments. All family members must be screened before command sponsorship at a location outside the continental United States (OCONUS).

Early enrollment in the EFMP is the soldier's guarantee that the Army will do its best to match the soldier's grade and specialty with a location that can provide support the special needs of the EFM(s). Soldiers who are enrolled are still subject to worldwide assignment, and just like any other soldier, may be called upon to serve an unaccompanied tour.

Information about enrollment is not given to selection boards. Therefore, it doesn't adversely affect a soldier's selection for promotion.

Soldiers are enrolled permanently in the program unless a change in a member's medical or special education needs warrant case closure or the soldier is separated from the Army. Soldiers are responsible for keeping their EFM's medical and/or special education documentation current. A review is required as the EFM's condition changes or at least every three years, whichever comes first.

Department of Army civilian employees do not enroll in the program. However, they must identify dependent children with special education and medically related service needs each time they process for an assignment to a location outside the United States where family member travel is authorized at Government expense.

OBJECTIVES OF THE PROGRAM

- Assess, document and code special education and medical needs of EFMs.
- Provide information and assistance needed to involve EFMs with community support services that meet their needs.
- Ensure facility and program accessibility to individuals with disabilities.
- Consider the EFM's special needs, both medical and educational, in the assignment process outside the Continental United States (OCONUS)
- Consider the EFM's medical needs in the stateside assignment process.
- Assign soldiers to an area where the EFM's medical and/or special education needs can be accommodated provided that there is a valid personnel requirement for the soldier's grade and specialty.
- Provide medically related services to eligible Department of Defense Dependents Schools (DoDDS) students with disabilities OCONUS.
- Enable Department of the Army civilians to inform DoDDS of the arrival of dependent children with special education and medically related service needs after they have been selected for a position OCONUS where family member travel is authorized at Government expense.

WHO IS AN EXCEPTIONAL FAMILY MEMBER?

The army defines an EFM as any family member, regardless of age, who has a disability which limits their ability to function on a daily basis and/or requires ongoing counseling, training, education, therapy or treatment.

	ENROLLMENT	CRITERIA	(AR 608-75,	Appendix B)
--	------------	-----------------	-------------	-------------

ENROLLMENT CRITERIA (AR 608-75, Appendix B)
 Medical care above the level provided by routine Family Practice in an outpatient clinic setting.
 Serious or chronic medical problems, physical disabilities, and mental health disorders. Indicators are as follows:
☐ Family members who have potentially life threatening conditions including but not limited to asthma, sickle cell disease, and insulin dependent diabetes within the last five years.
☐ Chronic (greater than 6mos of care or multiple episodes) in/outpatient mental health treatment over the past 5 years.
☐ Any level of mental health services required at the present time or projected for the future.
Attention Deficit Hyperactivity Disorder requiring management and treatment by a pediatrician, mental health care provider or counselor.
 Requires intensive follow-up support (such as cancer diagnosis within the last 5 years and high risk newborns).
- Family members requiring special education services (IEP or IFSP).

BESOURCE



ISTINGS

ACCESS ALASKA

121 W. Fireweed Lane Suite 105 Anchorage, AK 99503

Phone: 248-4777 TTY: 248-8799

Hours: 8-5, M-F

Email: info@accessalaska.org

Advocacy, counseling and service coordination, Information and referral. Provides financial aide, up to \$500 for persons needing assistive technology assistance. ADA Partners Project.

ADULT PUBLIC ASSISTANCE

Division of Public Assistance 235 E. 8th Ave., Suite 300 Anchorage, AK 99507

Phone: 269-6000 Hours: 7:30-5, M-F

Provides financial assistance, nutritional support and medical benefits to low income persons. Aid to the disabled, blind, and elderly.

ALASKA EARLY INTERVENTION HEARING RESOURCE

2220 Nichols St. Anchorage, AK 99508

Phone: 263-9209 (TTYALSO)

Hours: 8-4, M-F

Serves families with children who experience hearing loss from birth to 3. Provides hearing screening, developmental assessment, and direct intervention.

ALASKA REGIONAL HOSPITAL

2801 DeBarr Rd Anchorage, AK 99508

Phone: 376-1131 TTY/TDD: 264-1224

Provides wide range of medical and

rehabilitation services.

ALPINE ALTERNATIVES, INC.

2518 E. Tudor Road #105 Anchorage, AK 99507

Phone/TTY: 561-6655

Hours: 9-5, M-F

Email: alpinealternative@arctic.net

Website: http://www.alpinealternatives.org/

Provides recreation opportunities for persons with disabilities. Summer and winter programs and camps available for persons 7 years and up.

AMERICAN LUNG ASSOCIATION

500 W. International Airport Road Suite A Anchorage, AK 99518

Phone: 276-5864 Hours: 9-5, M-F

Provides information, education and referral in the area of lung health. Also provides asthma workshops. Conducts fund raising events such as bike treks and other healthy lung events.

ANCHOR RIDES

700 W. 6th Avenue Anchorage, AK 99501

Phone: 343-7433

Provides low cost transportation for eligible seniors and those who are medically disabled. Please call for information and/or applications. Subject to post access restrictions

ANCHORAGE SCHOOL DISTRICT (ASD) – OFFICE OF SPECIAL EDUCATION

5530 E. Northern Lights Blvd

Anchorage, AK 99504

Elementary: 742-3886

Middle School: 742-3948

High School: 742-3888

Information on Special Education services in

the Anchorage School District.

ASD SPECIAL EDUCATION PARENT RESOURCE CENTER (SEPRC)

5530 E. Northern Lights Blvd Anchorage, AK 99504

Phone: 742-3872

Hours: M-F, 8:30-4:30

Offers resource materials on a broad range of disabilities. Offers ADD/ADHD, Autism, Asperger's Syndrome, FAS/FAE, and Brain Injury Support Groups.

ANCHORAGE SENIOR CENTER

1300 E 19th Ave

Anchorage, AK 99501

Phone: 258-7823 Hours: vary daily

Offers programs on health, recreation, arts, and podiatry care. Information and assistance services, support groups, health and wellness potlucks, and weight management programs. Blood pressure, blood sugar, & hearing screenings done weekly. Has a restaurant open five days a week 11-2. For persons age 55 and older.

APRIA HEALTHCARE

4715 Gamble St Anchorage, AK 99503

Phone: 562-7711

Provides Respiratory Therapy, Nutritional Therapy; Skilled and Chronic Care nursing; Medical Surgery supplies and Home Medical Equipment.

ARMY EMERGENCY RELIEF

Army Community Service Bldg. 600

Fort Richardson, AK 99505

Phone: 384-1517/7478

Hours: 8-5, M-F

24 Hour Emergency Contact: 384-6666

May provide emergency interest-free loans or grants to active duty Army, ARNG, or USAR soldiers to assist in financial emergencies.

BOYS & GIRLS CLUBS OF GREATER ANCHORAGE

2300 W 36th Ave

Anchorage, AK 99517

Phone: 248-5437

Office Hours: 9-6, M-F

Serves youth 4-18. Offers developmental and athletic programs during summer months and after school. Fees vary.

CATHOLIC SOCIAL SERVICES

225 Cordova, Building B

Anchorage, AK 99501

Phone: 277-2554

Hours: 8:30-4:30, M-F

Offers a wide range of social service programs including adoption, day care for persons who experience a disability, counseling, emergency shelters and more. Fees are measured on a sliding scale system.

CENTER FOR THE BLIND, ALASKA

3903 Taft Dr.

Anchorage, AK 99517

Phone: 248-7770 (TTY ALSO)

Hours: 8-5, M-F

Training for legally blind or persons with conditions that are expected to lead to blindness. Training in Braille reading & writing, typing, computer, office skills, and independent travel. Summer programs and support groups also available.

CHALLENGE ALASKA

3350 Commercial Drive Suite 208 Anchorage, AK 99501

Phone: 344-7399 TTY: 344-7270

Hours: 9-5, M-F

Provides recreational activities such as kayaking, canoeing, fishing, camping, leisure outings, skiing, and social/competitive events. Information provided regarding accessibility of recreational sites in AK, equipment, and ski adaptations. Proper student/instructor ratio for activities provided. Program serves individuals of all ages who experience a disability with focus on those who are physically/sensory disability. Fees are varied.

CHILD & YOUTH SEVICES (CENTRAL REGISTRATION)

Army Community Service, Bldg. 600

Fort Richardson, AK 99505

Phone: 384-7483 Hours: 8-5, M-F

Offers various programs for children 6 weeks

to 18 years old. Sliding scale fees.

DAY CARE ASSISTANCE PROGRAM

P.O. BOX 196650

Anchorage, AK 99519

Phone: 343-6700 TTY: 343-6797

Hours: 7:30-5:00, M-F

Municipality of Anchorage program. Provides financial assistance towards childcare for low to moderate-income parents who are working or in training program.

DEAF AND HARD OF HEARING CENTER

731 Gambell Suite 200

Anchorage, AK 99505

Phone: 276-3456 TTY: 258-7770

Hours: 8-5, M-F

Offers pre-vocational skills, counseling, workshops, and support for personal needs to persons who are deaf or hard of hearing. Conducts a hard of hearing support group. Offers classes in American Sign Language and individual tutoring.

DENALI KIDCARE

P.O. BOX 240047

Anchorage, AK 99524

Phone: 269-6529

Hours: 8-5, M-F

Provides health insurance for children and pregnant women who are low income. Information and applications available at ACS.

DIABETES ASSOCIATION, AMERICA

801 Fireweed Lane, Suite 103

Anchorage, AK 99503

Phone: 272-1424

Hours: 8:30-4:30, M-F

Provides informational resources and referral for persons who have or desire to learn about

diabetes.

DISABILITY LAW CENTER OF ALASKA

3330 Arctic Suite 103

Anchorage, AK 99503

Phone: 565-1002

Hours: 8-4:30

Provides advocacy, legal representation, public education, and information and referral

services for persons with disabilities.

DIVISION OF MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES (DMHDD)

701 E Tudor Rd., Suite 260

Anchorage, AK 99524

Phone: 269-3600

Hours: 8-5, M-F

Provides a wide array of support services for qualifying persons with mental health or developmental issues. Offers special health and developmental care for children.

DIVISION OF SENIOR SERVICES

3601 C Street Suite 310

Anchorage, AK 99503

Phone: 269-3666

Hours: 8-5, M-F

Offers assisted living services, CHOICE for the Elderly program, Adult Protective Services, information and referral, and Personal Care

Attendants Program.

DIVISION OF VOCATIONAL REHABILITATION

701 E Tudor Road Suite 250 Anchorage, AK 99503

Phone: 562-0460 TTY: 261-8100

Assists persons with disabilities in becoming employed and self-sufficient by identifying capabilities and providing financial assistance for job training and education and adaptive equipment.

EASTER SEAL SOCIETY-ALASKA

126 West 15th Avenue

Anchorage, AK 99503

Phone: 277-7325

Hours: 8-5, M-F

Provides chore service and respite service to the elderly or disabled.

FAMILY ADVOCACY PROGRAM

Army Community Service, Bldg.600

Fort Richardson, AK 99505

Phone: 384-7502

Hours: 7:30-4:30, M-F

Parenting classes, new parent support program, anger and stress management classes, and play

groups for Fort Richardson families.

FOCUS-RESPITE

POB 671750

Chugiak, AK 99567

Phone: 688-0282

Hours: 8-5, M-F

Provides respite to families in the Eagle River to Eklutna area with children 0-21 who experience developmental delay. Infant learning program. Skills-building activities and services for persons who are approved for DMHDD waivers.

HEAD INJURY SUPPORT GROUP, ALASKA

3710 Woodland Dr. #900

Anchorage, AK 99517

Phone: 248-4777

Hours: 8-5, M-F

Support group meetings are held at Access Alaska Inc. on the first and third Tuesdays of the month.

HEALTH CARE PROGRAM FOR CHILDREN WITH SPECIAL NEEDS-DEPT. OF HEALTH & SOCIAL SERVICES

1231 Gambell St.

Anchorage, AK 99501

Phone: 269-3400

Hours: 8-5 M-F

Program is designed for children from birth to 21 years of age who have special health care needs. This free program can pay for some financial assistance related to a child's long lasting medical problems. Some examples include: medical care, surgery, medicine, travels lodging and food, therapy, and medical equipment.

HOPE COMMUNITY RESOURCES, INC

540 W International Airport Rd., #100

Anchorage, AK 99503

Phone: 561-5335 Hours: 8-5, M-F

Adult and children community residential settings, independent living programs, foster-care, shared-care, and in home services for children who experience a developmental disability. Sliding scale fees.

KIDS' CORPS HEADSTART

3710 E 20th Ave

Anchorage, AK 99501

Phone: 272-0133

Hours 8-5, M-F

Provided preschool education to children age 3 until kindergarten who experience a disability or are from a low income family. Offers a variety of services that may include health, dental, or mental health care; developmental screening; family social services; or nutritional services.

LUPUS FOUNDATION OF AMERICA-AK CHAPTER

PO Box 211336

Anchorage, AK 99521

Phone: 338-6332

Hours: 8-5, M-F

Provides referrals, support group meetings, and limited respite care. Call for meeting times and

locations.

MENTAL HEALTH ASSOCIATION, AK

4050 Lake Otis Parkway, Suite 209

Anchorage, AK 99508

Phone: 563-0880

Hours: 9-5, M-F

Provides advocacy, education, information, and referral to persons who experience mental illness. Self-help group for depression and Seasonal Affective Disorder.

MT. ILIAMNA SPECIAL EDUCATION (ASD)

4140 Eaker Avenue

Elmendorf AFB, AK 99506

Phone: 753-8235

Hours: M-F

Serves children 3-K who experience a

disability.

MULTIPLE SCLEROSIS SOCIETY, AK CHAPTER

511 w 41ST Avenue, Suite 101

Anchorage, AK 99503

Phone: 563-1115

Hours: 8:30-4:30, M-F

Contributes to ongoing research, provides public education and patient services. Offers referrals for counseling, equipment loans, education, swimming program, information, newsletter, lending library, and support group.

P.A.R.E.N.T.S, INC.

4743 E Northern Lights Blvd.

Anchorage, AK 99508

Phone: 337-7678

Hours: 8-5, M-F

Provides advocacy, information, education, and training workshops for families and professionals. Parents Anonymous group

facilitators.

PROGRAMS FOR INFANTS & CHILDREN, INC-ANCHORAGE INFANT LEARNING CENTER

4400 Business Park Blvd., Building B

Anchorage, AK 99503

Phone: 561-8060 Hours: 8-5, M-F

Home-based early intervention program serving children from birth to 3 years old who experience developmental delay. Services include develop-mental screening, assessment, and direct intervention.

SPECIAL EDUCATION SERVICE AGENCY

2217 E Tudor Road, Suite 1

Anchorage, AK 99507

Phone: 562-7372 TTY: 563-8284

Hours: 8-4:30, M-F

Provides in-service training for professionals and parents of children with visual or hearing impairments, autism, emotional disturbances, as well as persons who experience multiple disabilities.

WOMEN, INFANTS, AND CHILDREN PROGRAM (WIC)

Army Community Service, Bldg. 600

Fort Richardson, AK 99505

Phone: 384-2033

Hours: 8-12 & 1-5, M-F

Supplemental food program with education and

food vouchers.

LAWS CONCERNING PERSONS WITH DISABILITIES

Key legislation has had a major impact on employment, educational, recreational, and other opportunities for persons with disabilities. This legislation has affected how state, local, and federal governments do business, including those operated by the military.

The following Federal laws and their amendments significantly strengthened the rights of persons with disabilities:

<u>Public Law 93-112, The Rehabilitation Act of 1973</u>: Addresses discrimination against individuals with disabilities. The law has different sections which refer to areas of discrimination:

Section 501: Employment of Handicapped Individuals

Section 502: Architectural and Transportation Board Compliance

Section 503: Employment Under Federal Constraints

Section 504: Non-Discrimination Under Federal Grants

Public Law 94-142, The Education of All Handicapped Children Act (EHA) of 1975:

Makes it possible for states and localities to receive Federal funds to assist in the education of children with disabilities. To receive their share of funds, states must ensure:

- A free and appropriate education based on the specific needs of the child
- An individualized education program (IEP) that includes parents in the decision making process.
- Existence of a due process procedure to allow parents to challenge and appeal any decision related to identification, evaluation, and placement of their children.
- = Education in the least restrictive environment.

<u>Public Law 95-561, The Defense Dependents' Education Act of 1978:</u> DoDDs is required to provide programs designed to meet the special needs of eligible students with disabilities in locations outside the United States.

<u>Public Law 98-199, EHA Amendments of 1983:</u> Expanded incentives for preschool special education programs, early intervention programs, and transition programs.

<u>Public Law 99-457, EHA Amendments of 1986:</u> Lowered the age of eligibility to receive special education services to age three (to be implemented by 1991-1992 school year). This law

also established the Handicapped Infants and Toddlers Program (Part H) which provides early intervention services to children birth to their third birthday.

<u>Public Law 101-476, EHA Amendments of 1990:</u> EHA was changed to Individuals with Disabilities Education Act (IDEA). Many discretionary programs were expanded, some were added to include transition programs, programs for youth with serious emotional disturbance, and a information and research program for AD/HD. Services were expanded to include children with autism and traumatic brain injury.

<u>Public Law 102-119, IDEA Amendments of 1991:</u> Expanded services to children 3-5 who experience developmental delays and requires planning for children in Part H programs to transition to preschool programs. Added vision services, assistive technology and services, and transportation to the definition of early intervention services. Required DoD to provide early intervention services to eligible children with disabilities ages birth to third birthday and a free appropriate education and related services for children with disabilities ages 3-21 enrolled in DoD Domestic Dependent Elementary and Secondary Schools Arrangements and in overseas areas.

<u>Public Law 105-17, IDEA Amendments of 1997:</u> Requires additional information on Individual Education Plans (IEP) and regular classroom teacher presence at meetings. Requires participation with accommodations of children with disabilities in state-wide assessments. Gives guidelines on disciplinary action and Behavioral Assessments.

<u>Public Law 98-524, The Vocational Education Act of 1984:</u> Authorizes Federal funds to support vocational education programs. Requires that vocational education be provided for students with disabilities.

Other laws that provide civil rights and service programs:

<u>Public Law 90-480, Architectural Barriers Act of 1968:</u> Requires that certain Federally owned, leased, or funded building and facilities be accessible to individuals with physical disabilities.

<u>Public Law 93-380, The Family Education Rights and Privacy act of 1974:</u> Gives parents of students under the age of 18, and students age 18 and over, the right to examine records kept in the student's personal file.

<u>Public Law 99-372, The Handicapped Children's Protection Act of 1986:</u> Provides for reasonable attorneys fees and costs to parents and guardians who prevail in administrative hearings or court when there is a dispute with a school system concerning their child's right to free appropriate special education and related services.

<u>Public Law 99-401, Temporary Child Care for Handicapped Children and Crisis</u>

<u>Nurseries Act of 1986:</u> Part of the larger Children's Justice Act. Title II of this law includes provisions to fund temporary child care for children who have a disability or chronic illness and crisis nurseries for children at risk of abuse or neglect.

	state and	local gover	nment serv l rights of a	ices, and te	lecommuni	cations. It is	accommoda s the most si	gnificant Fe	deral la
Fo Manag		ormation or	these laws	please con	itact your E	xceptional l	Family Mem	ber Progran	n

Six In-Person Counseling Sessions

www.armyonesource.com

Counselors are available for you to visit in person, in your community. You have access to up to six (6) in-person counseling sessions with a licensed counselor at NO COST TO YOU and Army One Source takes care of all the paperwork. Call 1-800-464-8107 and ask for a referral.



- Caring for you and your family
- Managing your everyday life
- Available anytime, anywhere
- Your privacy is assured
- No cost to you

Army One Source is brought to you by the U.S. Army, at no cost to you. And best of all, it's here for you—any time of day, wherever you are. So get in touch with us today. We have consultants who speak Spanish and we can offer simultaneous translation into more than 150 other languages. TTY/TDD and accessibility Web site also available.

Counselors are only available in the U.S. and Puerto Rico. All you have to do is make the call. Call Army One Source today.

From the United States: 1-800-464-8107

TTY/TDD: 1-800-346-9188

En español, llame al 1-800-375-5971

or visit <u>www.armyonesource.com</u>
User Id: Army Password: Onesource



Exceptional Family Member Program

Education and Support For further information call 384-0225



WELLNESS LIBRARY

A wealth of resources for you to review at our facility or that can be checked out.

Topics Include:

- Autism
- ADHD
- · Asthma Health
- Sign Language
- Parenting Skills
- Anger/Stress Management



Exceptional $\overline{F}_{\mathsf{AMILY}}$ Member

P_{ROGRAM} (EFMP)

- ENROLLMENT
- SCREENING
- SPECIAL EDUCATION AND TRAINING
- RESOURCES AND REFERRALS
- PARENT SUPPORT GROUPS



Contact the EFMP Manager at 384-0225



"TLC"

A Support Group for Families of Children with Special Needs



Together

Listening and supporting

onnecting with your family

For More Support Group Information Call ACS/EFMP 384-0225





EFMP Interest Survey

Are you enrolled in the Exceptional Family Member Program (EFMP)? Y/N
Would you be interested in attending a support group with your family member? Y/N
Would you be interested in attending workshops or presentations on topics related to your family member's special needs? Y/N $_$
If so, what type of group?
Asthma Allergies ADD/ADHD
Learning Disabilities Autism Speech/Language
A General EFMP Family Support Group (all types of special needs)
Your suggested Interest Group
If you would be interested in attending support groups or workshops, what time of day would be most convenient for you? AM PM Evening Weekend Weekend Would you and your family be interested in participating in events or outings with other EFMP families? Y/N
Please indicate which activities you would be interested in.
Family pool parties Field trips around the community (i.e. Alaska Zoo)
Family game nights at ACS Family sports activities
Your suggested activity
If you would like us to contact you please call 384-0225 for further information.
Name(Optional) Contact Number(Optional)

Thank you for your participation in this survey.

Please return to your Family Liaison Officer at your child's school or your EFMP Manager at Bldg 600 Room A138.

Tammie Adair 384-0225